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CONTEMPLATE

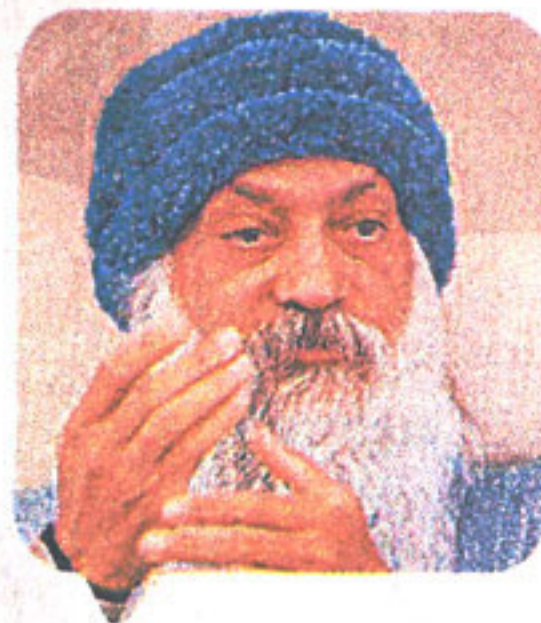
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Natural Urges Are Not Sinful

When you let go of your fears, you gradually start feeling blessed, says OSHO



SEX & SPIRIT



The first thing: because of Freud, much misunderstanding has arisen around the word 'unconscious'. Freud completely misunderstood it, misinterpreted it. And he has become the very basis of modern knowledge about mind.

To Freud, unconscious meant simply the repressed conscious, the suppressed part of the conscious. So, all that is evil and bad, immoral, has been suppressed. Because the society cannot allow it, it has to be suppressed within. Because of this, Freudian unconscious, many things have become painful which are not naturally painful. For example, sex, because society has repressed it. One of the most blissful things in natural life is sex. But it has become painful. If you move into sex you will feel frustrated, guilty, at the end you will

feel weakened. And you will decide never to have sex again. This is not because of natural sex, this is because of the unconscious. Sex has become painful. It has been so repressed that it has become ugly and painful. Otherwise, it is one of the most natural ecstasies. If a child is never taught that

OSHOSPEAK

- 1 Freud misunderstood the word 'unconscious' to mean suppressed part of the conscious
- 2 This Freudian unconscious has made many natural things such as the urge for sex seem sinful
- 3 Anything can become a headache if it is suppressed; anything can become blissful if you express it

sex is bad and a sin he will enjoy it, and every time he will feel a deep well-being flowing all over the body.

Men feel more well-being than women —because women are repressed more. No one requires that a

boy should be a virgin but everyone, even the boy himself wants that the girl he is going to marry should be a virgin. Women's unconscious has been repressed more than men's and that's why only a few women achieve orgasm, and that, too, in the west. That's why when sadhus and monks



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teach that sex is sin, women always agree. Because they are so suppressed they have never known any bliss out of it. In India, while making love, women are not supposed to move, be

active. They have to lie still like a corpse. If they are active their man will become suspicious: they are enjoying sex and this is not the sign of a good woman. A good woman is one who doesn't enjoy.

Anything can become a headache — just suppress it.... And anything can become blissful — just express it, don't suppress it.

This Freudian unconscious is all that you know right now. You don't know about the real unconscious, the Tantra unconscious — that's why you are afraid. You know that if you lose control, immediately the suppressed instincts will take over.

Catharsis is needed first so that the fear goes. And then you can let go. And if you let go, a silent force will start flowing to your conscious mind and you will feel a sense of well-being; you will feel at home; everything is good. You will feel blessed. Abridged from The Book of Secrets, Osho Times International, courtesy: Osho International Foundation, www.osho.com ■